

How daily activity can make you happier and healthier

I was scrolling in coolinventor, then suddenly one post hit on my wall. I clicked the link to know the details. The topic looks so interesting for me. I just closed my eyes and started to think in my 16 years old that time when I was in teenage age which activities make me happiest and healthier. All the scenario comes to in my mind and I started to write.

I am Noorjahan Binte, a computer science student who always find happiest moment when I act like a teacher to my friends' circle or could teach to my younger cousin sisters & brothers. When I was in 16 years old I already finished my SSC. It was 3 months long vacation. I was thinking what should I do between these three months. My coaching teacher suggest me to take the classes there in his coaching center. In the first day I should feel nervous but I was excited to teach them. When I teach them I felt energetic. When I was in 14-16 years old, I also fond of Badminton match. In winter season, every afternoon I went for badminton match, there I enjoyed a lot to play the game with my friends and neighbor. Sometimes I went for a Green model town, there you could find various kind of plant trees, a beautiful scenario, a lake, we ride by a boat, we enjoyed road side foods like Jhal muri, Fuchka. That was healthy food but sometimes It was necessary to refresh your mind.

I was over joyed when it comes to Thursday noon. It was half day school and the next day it was most wanted Friday, our weekend day. I was very fond of Bangla cinema. In Thursday I reached home by 2 P.M. I went to school by Van. Oh My Allah I can still remember when I back my home from my school in Thursday, it felt like it was Eid day. By 3 P.M I finished my shower and lunch then enjoyed the movie with my Mom. And the Fryday morning Amra notun Amra kori was telecasted in BTV channel. The most memorable program. My most favourite cartoon Meena was also telecast in 2 P.M. Then the Movie again. And the last one show I enjoyed that was Alif Laila was telecasted at 8 P.M. A long awaited time for Alif Laila. In every fryday my father went out with me in Sishu park or ramna park or Sishu mela or any relative house. The family moment still I miss. Of course when summer vacation or eid vacation going on that time, we went out for our native village. I could meet with my grandparents. All of my cousins also went there. We did a lot of fun, picnic, Bar -B- Q. In Eid day we collected our salami, most funniest part. We received our Eid gift from our relatives. Sometimes we went for fishing in our ponds. We were expert in swimming. I think swimming could make your body stronger and healthier. Cycling was also favorite part of mine. I enjoyed a lot while doing cycling.

Well I was also involved in volunteering work in my teenage age. In fire camping and poor fund help camping. I met with a lot of pure heart minded people. I learned a lot from them. I had one computer which I spent at least one hour. I was very keen in programming language also in gaming. I learned programing language from W3 schools an online learning site.

All now I could say when I was writing all of those sentence, seems like all of the scenario suddenly live in myself. All of the moment I enjoyed, it felt make me happier and help me to maintain a healthier life.